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# Functional Skills Certificate

## FUNCTIONAL ENGLISH

Component 1 Reading Level 2

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### Insert

The three sources that follow are:

- Source A: a news report about a dental health survey
- Source B: a leaflet about the British Dental Association's Dental Museum
- Source C: an article about sugar.

**Please open the insert fully  
to see all three sources**

## Source A

## Children's Dental Health Survey

Nearly half of eight-year-olds and a third of five-year-olds have signs of decay in their milk teeth. The findings are contained in the 2013 Children's Dental Health Survey for England, Wales and Northern Ireland. But there were signs of improvement compared with 10 years ago, with an overall reduction in the number of cavities in children's teeth. Nearly 10 000 children were surveyed.



The survey is carried out every 10 years and is seen as a good measure of children's dental health.

Overall the figures are encouraging:



Reductions in tooth decay were present in the permanent teeth of 12 and 15-year-olds in England, Wales and Northern Ireland between 2003 and 2013.



The percentage of 12-year-olds affected by tooth decay fell from **43% in 2003** to **34% in 2013**.



In 15-year-olds, there was a reduction from **56% to 46%**.

But large proportions of young and teenaged children continue to be affected by oral disease across the UK. The survey found that rates of tooth decay were much higher among children in more deprived families, where more than **40% of five-year-olds** have some decay – compared with just **29%** among better-off families. In **15-year-olds**, that figure rises to nearly **60%**, while among those from wealthier backgrounds, it is **43%**.

Older children said their oral health problems had impacted on their daily lives. One in five 12 and 15-year-olds said they had experienced difficulty eating in the past three months. One in three 12-year-olds said they were embarrassed to smile or laugh because of the condition of their teeth. And parents were not immune to the impact of dental health problems. One in five parents of 15-year-olds said they had taken time off work in the last six months because of their child's oral health.

Dr Sandra White, director of dental public health at Public Health England, said it was good news that tooth decay levels were falling and more children were brushing their teeth twice a day, but there was no room for complacency. "Tooth decay is a serious, preventable disease. This survey shows the need to urgently reduce the number of sugary snacks and drinks in our children's diets. By brushing teeth using fluoride toothpaste and also introducing fluoride into the water where needed, we can significantly improve our children's dental health."

## Source B

# BDA

British Dental Association

## BDA Dental Museum

The BDA Dental Museum traces the history of dentistry from medieval toothdrawers to today's professionals. Whether you are a dentist, social historian, teacher or are just curious about how people looked after their teeth in the past, the BDA Dental Museum is the place to visit.

The museum has approximately 25 000 items which reflect the development of the dental profession in the UK. The majority of objects on display are in glass cases for conservation reasons, though some of the objects can be handled. Read on for a taste of what you can see here.



"A toothbrush should have rather hard bristles. Warm water should be used, with a little salt" (1896)

The toothbrush as we know it first appeared in the late 18th century. However, they have been made in a variety of shapes, sizes and materials. Materials for making false teeth were rather limited in the past. Elephants were killed for their tusks and corpses robbed of their teeth to make dentures. Some old dental instruments have intriguing names such as *pelicans* – come and find out why.



"I sent for a man who draws teeth.. he broke one of the fangs.. it gave me exquisite pain all day" (1776)

Films, both fictional and factual, have been made about dentistry for over a century now. We have a growing selection for both children and adults. We also offer books and a quiz. A computer programme giving a history of dentistry has an audio version of the text.

Schools and adult groups can request workshops, guided tours, illustrated talks and loan boxes.



Before the introduction of X-ray machines, dentists had no way of knowing the extent of decay within a tooth. Exposure times for early X-rays could be up to 25 minutes. Do you dread the dentist's drill? In the past, it was hand or foot operated. Drop in during school holidays to try out a Victorian foot drill for yourself or lie in a Victorian dentist's chair.

The museum also offers other services and can provide facilities for researchers.

Find out more at [www.bda.org/museumcollections](http://www.bda.org/museumcollections).

We are open Tuesdays and Thursdays 1pm–4pm. Please phone for appointments at other times. Admission is free. Toilets, baby changing facilities and a lift are available. Please put your mobile on silent to allow others to enjoy their visit.

## Source C

End Your Addiction to



Fact! Sugar is bad for our teeth. Of course, this comes as no surprise yet sugar-related dental problems are still the most widespread cause of poor oral health and tooth decay. When we think of sugar we probably picture the white stuff we pop in our tea. But there are many 'hidden' sugars in lots of things we would not even think of. Sugar can go by many names and recognising them is the first step to avoiding them. There are too many to list but some to look out for are sucrose, glucose and corn syrup.

There are dangerously high levels of sugar in some breakfast cereals. Switching to a lower sugar cereal or one with no added sugar, and not adding any yourselves, will have a massive impact on your dental health and your health overall.

When you get the urge for a snack, don't reach for the biscuit barrel: a handful of nuts will provide that energy boost you need. Try opting for a sugar free alternative whenever possible. Fresh whole foods are safest because they are less sticky. Smashing up a banana and strawberry into a smoothie releases the sugars in the fruits, enabling them to coat the whole tooth, even in the tiny gaps. Eat fruits whole to avoid this problem. And dried fruit can get right in those gaps giving the sugar a huge amount of time to cause problems, so avoid those raisins!

A few ground rules can help. Don't add sugar to anything and make sure you avoid dessert a few times a week.

Being a night owl can spell bad news for your mouth. People who stay up late are more likely to skip brushing before bed and this could spell disaster for your teeth. You can't snack when you're asleep so get an early night.

Reducing the amount of sugar in our diets will help to reduce damage to our teeth, with the added bonus of improving our waistlines along the way.



**END OF SOURCES**

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**Open out this page to see  
Source B and Source C**

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